

Hybrid Calisthenics

Hampton's MWF Weekly Routine

Monday

Pushups							Full Body or Side 1		Side 2 if "(both sides)"	
Level	Exercise	Goal	Set 1	Set 2	Set 3	Set 1	Set 2			
1	Wall Pushups	3 sets of 50								
2	Incline Pushups	3 sets of 40								
3	Knee Pushups	2 sets of 25								
4	Full Pushups	2 sets of 25								
5	Narrow Pushups	2 sets of 20								
6	Side-Staggered Pushups	2 sets of 15 (both sides)								
7	Archer Pushups	2 sets of 9 (both sides)								
8	Sliding One-Arm Pushups	2 sets of 9 (both sides)								
9	One-Arm Pushups (Conventional)	2 sets of 9 (both sides)								
10	One-Arm Pushups (Feet Together)	2 sets of 20 (both sides)								
Leg Raises							Full Body or Side 1		Side 2 if "(both sides)"	
Level	Exercise	Goal	Set 1	Set 2	Set 3	Set 1	Set 2			
1	Knee Tucks	3 sets of 40								
2	Knee Raises	3 sets of 40								
3	Bent Leg Raises	3 sets of 35								
4	Leg Raises	2 sets of 25								
5	Hanging Knee Raises	2 sets of 20								
6	Hanging Bent Leg Raises	2 sets of 15								
7	Hanging Leg Raises	2 sets of 9								
8	L-Hold	30 seconds								
+ Do Hanging Leg Raises after to maintain a dynamic element to your core training.										

	9	V-Hold	30 seconds					
		+ Do Hanging Leg Raises after to maintain a dynamic element to your core training.						
	10	Hanging V-Hold	60 seconds					
		+ Do Hanging Leg Raises after to maintain a dynamic element to your core training.						

Wednesday	Squats			Full Body or Side 1			Side 2 if "(both sides)"	
	Level	Exercise	Goal	Set 1	Set 2	Set 3	Set 1	Set 2
	1	Jackknife Squats	3 sets of 35					
	2	Assisted Squats	3 sets of 30					
	3	Half Squats	2 sets of 35					
	4	Full Squats	2 sets of 50					
	5	Narrow Squats	2 sets of 25					
	6	Side Staggered Squats	2 sets of 20 (both sides)					
	7	Staggered Squats	2 sets of 20 (both sides)					
	8	Assisted One-Leg Squats	2 sets of 9 (both sides)					
	9	One-Leg Chair Squats	2 sets of 9 (both sides)					
	10	One-Leg Squats	2 sets of 20 (both sides)					
	Pullups			Full Body or Side 1			Side 2 if "(both sides)"	
	Level	Exercise	Goal	Set 1	Set 2	Set 3	Set 1	Set 2
	1	Wall Pullups	3 sets of 50					
	2	Horizontal Pullups (Chest Height)	3 sets of 30					
	3	Horizontal Pullups (Hip Height)	3 sets of 25					
	4	Jackknife Pullups	3 sets of 25					
	5	Full Pullups / Chinups	2 sets of 12					
	6	Narrow Pullups	2 sets of 9					
7	One-Hand Pullups	2 sets of 9 (both sides)						
8	Archer Pullups	2 sets of 7 (both sides)						

		+ Train one side at a time. Alternating makes it easier.					
	9	One-Arm Pullups	2 sets of 20 (both sides)				

Friday	Bridges						Full Body or Side 1			Side 2 if "(both sides)"	
	Level	Exercise	Goal	Set 1	Set 2	Set 3	Set 1	Set 2			
	1	Short Bridges	3 sets of 50								
	2	Straight Bridges	3 sets of 40								
	3	Raised Bridges	2 sets of 25								
	4	Head Bridges	2 sets of 20								
	5	Full Bridges	2 sets of 15								
	6	One-Leg Gecko Bridges	2 sets of 9 (both sides)								
	7	Walking Bridges	25 steps								
	8	Wall-Walking Bridges	2 sets of 9								
9	Stand-to-Stand Bridges	2 sets of 20									